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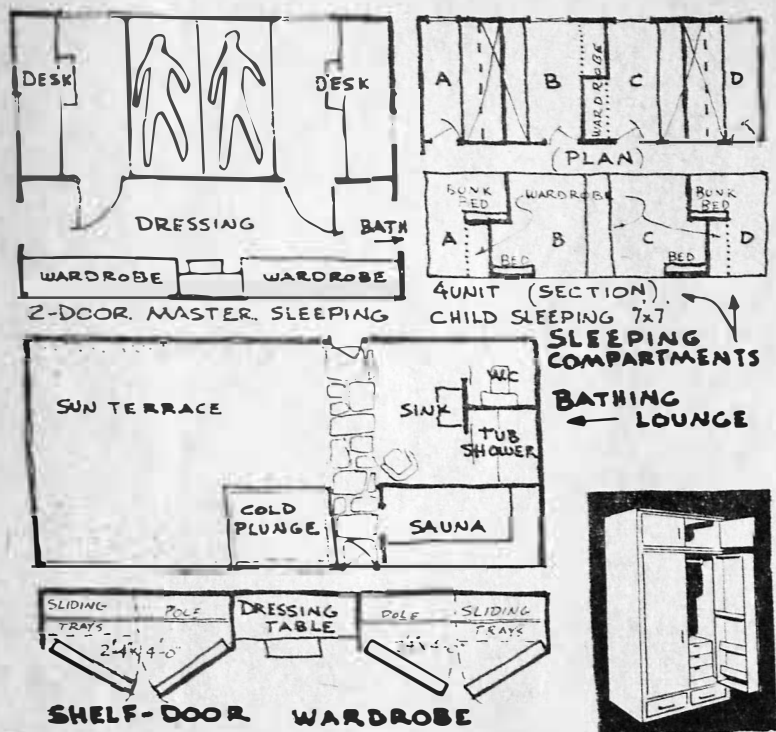
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Volume IV — Design and Structure
The Owner-Built Home — Chapter 5
Individual Living Space

By Ken Kern

(continued from last month)



Our personal living space should first of all be *private*. Everyone in the family at one time during the day or night should be able to "get away from it all." It is therefore advisable to locate the personal living quarters at some distance from the area for group living activities. Besides complete separation of the two spaces, we enjoy a contrasting architectural treatment: a sense of change from group activity to individual activity. This is the reason why a walk up a flight of stairs or down a long passage to the individual living area has always held a certain attraction to the space-sensitive person.

It is the bed and its activity-space that determines the size of contemporary "bedrooms." An area of at least 10-feet by 10-feet is required to house a double bed. A conventional 3-bedroom house has about 400 square feet allocated to sleeping. This area can be reduced to about one-half by enclosing the bed in an alcove or compartment. This is not a new idea; our European ancestors used to sleep in cabinets in the middle ages. A modern equivalent might be a compartment having controlled lighting, heating, ventilation and soundproofing. Sides and ceiling of this compartment could be lined with reflective panels to reflect body heat, thereby eliminating the need of confining blankets. The circulation of warm air under the floor would supply sufficient heat if the mattress were placed at floor level.

There are numerous advantages of sleeping close to the floor (besides the floor-heating possibilities). Asians have, of course, exploited floor sleeping arrangements. Comforters, folded and stored in a closet during the day, replace the bulky, massive bedsteads used by Western man.

There is a general consensus among New House builders that the bathroom should lose its identity as a separate room. It was perhaps Le Corbusier who first broke down the strict division between bedroom and bathroom when he (in 1929) placed the bathroom in the *same* room as the bedroom. He felt that the bathroom should be designed as a luxurious adornment to whatever room it occupies.

A *bathing lounge*—complete with sauna, sun terrace and cold plunge—is presented here as the ideal bathing arrangement. Each personal living area should have its private sink in conjunction with the dressing area, and a private toilet in a separate cabinet. The bathing lounge, then, might better function as a place of group-living activity.

There is a current trend to place laundry functions in the bathing area. This certainly makes more sense from a compatibility standpoint than placing it in or near the cooking area. Most laundry comes from the nearby sleeping area (linen and soiled clothing) and is stored there. Of all rooms in the house the bathing area is least likely to be upset by laundering during the normal hours for that operation. Plumbing, hot water, and room finishes (for high humidity) are already available in bathing areas.

Much work needs to be done in designing more accessible and ample storage facilities for the individual living area. One should first of all list all the items to be stored. These items should then be grouped according to most and least frequent use. Items which require special provision because of weight or size should be listed separately. Detailed closet and cabinet storage units can then be designed.

The usual closet has much area that is almost impossible to use because the sliding, folding, or swinging door arrangement hampers inside visibility. A recent improvement in wardrobe design has been the *shelf-door wardrobe*, which provides more convenient storage space. Closet doors should open to the complete storage facility. Customary drawer-faced cabinets conceal inside contents, and require the opening of many drawers to find an article. In self-door arrangements, sliding trays make clothes hunting easier.

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Lane's Endings

What is so rare as a day in June? It's the fullest, most rewarding month of the year at our homestead, in which petunias, pansies and peas—especially new peas—are our chief pleasures.

Now, after my fifth straight morning working with them, I stop to write a bit in praise of peas.

I planted generously this spring. I saved the seed from last year (pulling the old vines last July, and chatting in the shade with some neighbor children, as we picked the seed pods, was fun), and five 60-ft., composted rows were planted this year. Came good weather and luscious growth this spring, and I wondered if they "were all going to tops." But there was a shower of blossoms and by June 20 many big, 3- and 4-in., pods were filling out well.

This week's pea routine went like this: Shortly after sunrise, the birds still singing, when it's cool but free of dew, I spend the first half-hour of the day picking the huge pods. Fritz, the lone rooster, rejected by the little Bantam flock, comes along, sedately inspecting the pea vines as I proceed. The basket is full and I come in for breakfast about 6:30. After that comes an hour's heavier work, of the digging or hoeing type. By 8 o'clock I'm ready for a rest—sitting on the porch lounge, podding the peas and chatting with John or listening to a record—for 45 minutes.

Result? Five pints each day of the most delectable vegetable there ever was. One for lunch and four in the freezer (without blanching). "Shoveling" such a treasure into small jars or boxes with a little scoop is a real satisfaction! By 10 a.m. this part of the day is completed, and I'm just sorry that there'll be only a couple more such days, before it's time to pull the vines and save seed for another planting next year.—MJL

Super-Lunches For High-Schoolers

What's the most delicious lunch you can imagine—that is, if you are a teenager and if you have only 35c to spend for it?

Would you take the fruit lunch: a whole banana dipped in pineapple juice and rolled in shredded coconut, a shiny red apple, slices of orange, a half of a fresh pear, a mound of cottage cheese (or small cup of mixed nuts), a slice of whole-grain bread and a pint of milk?

This is the popular choice of many students in Helix High, La Mesa, Calif., as pictured in a film presented to Ohio audiences in June by Mrs. Gina Larson, cafeteria manager at Helix High.

Another popular lunch there, same price, consists of ocean perch (first dipped in a yogurt—

(continued on page 4)

School of Living Papers Filed

Dr. M. G. Holli, Dept. of History, University of Illinois (Chicago), is in charge of historical collections for research there. Recently he asked whether the retired files, reprints, books and papers associated with the green revolution could be added to a number of collections of significant social movements in their care.

Subsequent planning included materials from the beginning of the School of Living. This involved many days of assessing and arranging boxes and drawers of stored material from 1936 on. On June 14 an assistant of Dr. Holli came to transport the material. This will soon be in order at the university and will be announced in professional journals as available for study and research.

Dr. Holli would appreciate receiving from any of our readers any supplemental or relevant material on decentralization and the green revolution. (Univ. of Illinois at Chicago, Chicago Circle, Chicago, Ill.).

Homestead Film Can Be Rented

The Dr. Wilson Young family, Evanston, Ill., film their annual summer vacation. In 1965 they visited ten School of Living homesteads and organic centers, and the 8 mm. film record has been available and shown some 20 times since last October. Although amateur work, the film is well done, very interesting and always enthusiastically received.

This film has been reproduced, and the second film is now the property of the School of Living, and available for rental at \$3 a client. We have learned some things about presentation, mailing and showing of this film, and hope sometime to produce a longer and better one for wider use. The present one (no sound) runs 40 minutes at average speed on an 8 mm. home movie projector. Some captions and a commentary come with it.

We are most grateful to the Youngs for their initiative, work and generosity in helping us attain this record of the following homesteads: Sycamore Hollow, Lane's End, Musgraves' Organic Gardens, and Malabar Farm in Ohio; Ragged Mt. in Virginia; The Old Mill, Freeland, Md.; Sonnewald Homestead, Walker's Organic Acres, Rodale Experimental Gardens and Paul Keene's Walnut Acres in Pennsylvania. Write School of Living for rental arrangements.

Green Revolution On Radio Program

In Cleveland, Ohio, a popular audience-participation program is "Contact," on NBC, with Harvey Morgan. On June 3, I (MJL) was in Cleveland to present "The Homestead, As Prime Prevention" to a meeting of the National Health Federation. (A most important program for maintaining and extending freedom in the health area; they publish a *Health Federation Bulletin* at 211 W. Colorado Blvd., Monrovia, Calif.). The evening before, I was on "Contact" with Mr. Morgan; he interviewed me on *Go Ahead and Live!* for two hours (10 to 12 p.m., minus time taken out for a score of commercials.)

We had a good time. He began by saying, "Now this Green Revolution, this back-to-the-land deal; that's both antiquated and unrealistic, isn't it?" I argued for its sanity and realism. He had dozens of points to refute, and I finally quoted David Sarnoff (president of Radio Corporation of America) to him: "Cybernation will make it both necessary and desirable for life in the future to be lived —(where do you suppose, I asked Mr. Morgan. In the country? he asked. Yes, I said)—in civilized small communities and in esthetic do-it-yourself home life."

Listeners asked pertinent questions about population control, about machines (Would a simplified culture produce enough armaments to defend ourselves from the "enemy"? Is there enough land for everybody? Etc.). Many were interested in our broad educational program, our 17 problems of living. One man said, "When I first listened, I thought Mr. Morgan was right, that here's an 'escapist' talking. But the more I hear about her education, the more I think she has something that is important."

One listener out there said, "This lady has a way out for those of us who are sick and tired of the rat-race." The last questioner wanted to know how I'd stop the war in Vietnam, and I was beginning on my favorite theme—eliminating the land and money monopoly — when time was called. Off the air, Mr. Morgan told me he was "negative" for the sake of controversy, that he really agreed with our point of view.

Now MJL has another bee in her bonnet. Why shouldn't the School of Living one of these days have a radio outlet of its own?

THE GREEN REVOLUTION — 3 August, 1966

ADVERTISING RATES

Classified: 35c per line. Minimum 3 lines or \$1.05. Average line has 40 spaces.

Display: \$5 per column inch. No discounts on any ads. Payment must accompany order.

Deadline: 10th of preceding month (example: April 10 for May issue).

Advertising Manager: Arthur Harvey, Raymond, New Hampshire.

WANTED — a few mature, sincere, nature-loving couples or singles that recognize the stupidity of society, and are convinced that living in civilization is no longer possible, and are ready to retire to the wilderness. Freethinkers only. Write C. Adams, P. O. Box 1165, Chautauque, N. Y.

SECLUDED stone farmhouse. Plumbing and 8 1/2 wooded acres. 30 miles to Philadelphia. \$10,000. Peirce Woodward, RD 1, Pennsburg, Penna.

THOSE interested in Walden II and kindred utopian plans, write: S. C. Destephano, Box 21363, Emory U., Atlanta, Ga. 30322

2-BEDROOM CBS home, like new, in retirement community. Soddied 125 ft. sq. lot. A steal at \$8500. Pvt. K. Courselle. Rt. 2, Box 93-A, Okeechobee, Fla. 33472

HEALTH REJUVENATION. Fasting. Vacationing. Weight reduction. Nude sunbathing. Spring water pool. Gulf beaches. Delightful natural foods. Health lectures. Rates \$8 up. Cooperative employment available. Write SHANGRI-LA HEALTH RESORT, Bonita Springs, Florida 33923-G

Enclose \$1 for book, "Fasting Can Save Your Life." (5-66)3

LIVING HIGH by June Burn. Joyous homesteading classic. New illus. edition, \$3. Wellington Books, 346 Concord, Belmont, Mass. (y4)

MANUAL FOR A SIMPLE BURIAL. A very useful little booklet, written by Ernest Morgan (3rd edition). Shows how to obtain simplicity, dignity and economy in funeral arrangements through advance planning. Has lists of funeral and memorial societies and eye-banks; tells how to bequeath your body; etc. \$1 from School of Living.

THE OWNER-BUILT HOME is nearing completion. Vol. 4 will be finished in October issue of *Green Revolution*. It will be reprinted in looseleaf form, 3-hole punched for insertion in ring binder, as were Vols. I, II, and III. Each volume is \$2, from School of Living or direct from Ken Kern, Sierra Route, Oakhurst, Calif.

BOOKS FOR SALE

Go Ahead and Live!, Loomis	\$4.00
Normal Neurosis, Putney	4.00
Get Well Naturally, Clark	5.95
Let's Get Well, A. Davis	5.95
Patterns in Anarchy, Krimmerman	1.95
Human Ecology, R. Waller	4.50

ALSO

April-May "A Way Out" (1966) (on war and peace) 50

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Our Book, cont'd

ponents of these ideas are supported by different groups of people, and to me fail to integrate the whole of man.

"As short as your book, *Go Ahead and Live!*, is, it comes the closest to accomplishing an integration of life as I have seen it. With a little extension it would do this. We plan to make contact with many of the people who helped write your book and in the School of Living, for sharing of ideas and experience."

* * *

Attorney Robert W. Polchow writes: "Having just completed *Go Ahead and Live!* by Mildred Loomis, I am very interested in your School of Living and would like any pamphlets and periodicals which are available. Also would like to study the following: [he then listed five books from the chapter bibliographies]. Send them to me at Meadowbrook Farm, Henderson, N. C."

* * *

From William C. Lloyd, Burlington, N. C.: "I'm studying your fine book. If parents would read this book and then get their children to study it as diligently as they are 'forced' to study some books of much lesser value in school, I believe a lot of young people and their parents would not wish for college, but would go ahead and live. Colleges today are much divorced from reality. . . . It seems to me the School of Living is in the forefront of a revolution in education. Such a school can do much good in clearing up the impasse that education is in today."

Attend Workshop and Annual Meeting of School of Living, Aug. 24-29, at Old Mill Center, Heathcote Road, Freeland, Md. (near Maryland Line). Bring bedding. Stay after the meeting or come a few days before—to help in renovation of the old mill and the grounds.